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Correlation between Red Cell Distribution Width (RDW), Diffusion Capacity of the Lung for Carbon Monoxide (DLCO), Dyspnea Scale in COPD Patients

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Statement: Red Cell Distribution Width (RDW) is a routinely used laboratory parameter that indicates the variability in the size of circulating erythrocytes. The main area for which RDW is used is in the differential diagnosis of microcytic anaemia. Diffusion Capacity of the Lung for Carbon Monoxide (DLCO) probably is the least understood pulmonary function test (PFT) in clinical practice worldwide. The mMRC breathlessness scale comprises five statements that describe almost the entire range of respiratory disability from none (Grade 0) to almost complete incapacity (Grade 4). It can be self-administered by asking subjects to choose a phrase that best describes their condition. We hypothesized that systemic inflammation may be the common link between increased RDW values and mortality in patients with COPD. Therefore we aimed to study the relationship between RDW and severity stages in COPD patients.

Methodology: Patients will be assessed clinically at admission and graded according to mMRC dyspnea Scale. Their Haemogram and DLCO will be taken. They will be classified into stages of COPD according to their FEV1. On follow up at month 3, the procedure will be repeated and correlation between these values and FEV1 at month 0, month 3will be analysed using statistical tools.

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